



## Newhaven

**Blue route – around Newhaven Fort (clockwise): approx 3 miles** Starting in Fort Road follow the footpath along the edge of the cliff and then Westdene Avenue, Cuckmere Road, Charleston Avenue, Pevensey Road, Haven Way, South Road, Gibbon Road, Western Road, Bay Vue Road, Hillside Road, Fort Road back to start point.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
<b>242</b>	<b>290</b>	<b>339</b>	<b>387</b>	<b>436</b>	<b>484</b>

**Brown route – around the golf course (anticlockwise): approx 3 miles** Starting on Lewes Road by Bush Road follow track and path anti clockwise around perimeter of golf course and then Hoathdown Avenue, The Fairway, across Brighton Road, Upper Valley Road, The Highway, Church Hill, Meeching Rise, Southway and back to start point in Lewes Road.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
<b>150</b>	<b>180</b>	<b>210</b>	<b>239</b>	<b>269</b>	<b>299</b>

**Green route around Piddinghoe (anticlockwise): approx 3.5 miles** Starting in Norman Road and then South Way, Lewes Road, turn right at junction with Elphick Road and follow riverside to Piddinghoe pond, anti clockwise around the pond, pass through village and return via riverside path.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
<b>175</b>	<b>210</b>	<b>245</b>	<b>280</b>	<b>315</b>	<b>350</b>

**Gold loop around the Downs (clockwise): approx 4 miles** Starting at Falaise Road join the path across the fields to join Bishopstone Road, head southeast to join Newhaven Road, cross over Newhaven Road and follow path towards Newhaven, cross over to Mount Road and return to Falaise Road.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
<b>172</b>	<b>206</b>	<b>241</b>	<b>275</b>	<b>309</b>	<b>344</b>

## Seaford

**Pink route between Newhaven and Seaford: approx 6 miles** From the junction of High Street and Bridge Street in Newhaven cross the river and then Drove Road, The Drove, Seaford Road, follow the path to Mill Drove over the level crossing, follow the path to Seaford along Marine Parade and return.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
<b>477</b>	<b>572</b>	<b>668</b>	<b>763</b>	<b>858</b>	<b>953</b>

**Purple route along Seaford seafront: approx 3 miles** From eastern end of Seaford walk along Marine Parade and Esplanade to the end of path and return.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
<b>306</b>	<b>367</b>	<b>429</b>	<b>490</b>	<b>551</b>	<b>612</b>

**Key:**  
 Body weight (kilos)  
 Body weight (imperial)  
**Calories used**